

MANSON CREEK RESOURCES LTD.

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CALGARY, AB T2P 0N7 CANADA
TEL: (403) 233-0464
FAX: (403) 266-2606
www.manson.ca MCK:TSX VENTURE

FILE No.
82-3874

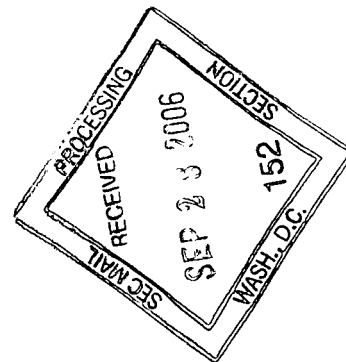


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SUPPL

September 22, 2006

United States Securities
& Exchange Commission
Washington, DC
20549
USA



Dear Sirs:

RE: Foreign Private Issuer Exemption File No. 82-3874
News Release Dated September 22, 2006

Please find enclosed 3 copies of the news release listed above.

Yours very truly,

MANSON CREEK RESOURCES LTD.

BARBARA O'NEILL

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FILE No.
82-3874

NEWS RELEASE

SEPTEMBER 22, 2006

News Release: 06-16

Symbol: TSX Venture-MCK

For Further Information Contact: **Regan Chernish at 1.403.233.0464**

Drilling Underway on the Palomino Porphyry Project in British Columbia

Manson Creek Resources Ltd. (Manson Creek) is pleased to announce the commencement of diamond drilling on the Palomino copper – gold project. The 2,174 hectare road accessible property is located 25 kilometers east of Houston, British Columbia.

The 300 to 600 meter initial drill program will test a strong magnetic anomaly and a flanking chargeability anomaly in an area of overburden cover. Boulder and sub-crop samples taken immediately adjacent to the over 400 meter long geophysical anomalies have returned copper values of 0.05 to 0.23%. These mineralized occurrences coincide with strong epidote and potassium feldspar alteration.

The drilling will be done utilizing a lightweight BBS-1 diamond drill capable of drilling BQ (36.5mm) sized core. The core will be logged and assayed in the course of the program.

Manson Creek is a dynamic and well financed junior mineral exploration company that is currently exploring six gold, silver and base metal projects located in British Columbia and the Yukon.

The Qualified Person responsible for the design and implementation of the Field Program as well as the preparation of this news release was Regan Chernish, P.Geol., and President of the Company.

"Regan Chernish"

Regan Chernish, P.Geol.
President and Director

No Canadian Stock Exchange has approved nor disapproved of the information contained herein.

All statements, other than statements of historical fact, in this news release are forward-looking statements that involve various risks and uncertainties, including, without limitation, statements regarding the potential extent of mineralization and reserves, exploration results and future plans and objectives of Manson Creek Resources Ltd. These risks and uncertainties include, but are not restricted to, the amount of geological data available, the uncertain reliability of drilling results and geophysical and geological data and the interpretation thereof and the need for adequate financing for future exploration and development efforts. There can be no assurance that such statements will prove to be accurate. Actual results and future events could differ materially from those anticipated in such statements. These and all subsequent written and oral forward-looking statements are based on the estimates and opinions of management on the dates they are made and are expressly qualified in their entirety by this notice. The Company assumes no obligation to update forward-looking statements should circumstances or management's estimates or opinions change.

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FILE
82-38

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